

THE
ANTIFRAGILE
EXHIBITION

Presents



EXHIBITION CATALOGUE
2025

NATHAN O.

MIRANDA L.

TOM B.

RAYLENE G.



Families,
Fairness
and Housing

GEORGIA R.

LEVI F.

Rotary
Club of Geelong Central



CATH S.

MICHAEL M.

JORDAN B.

MICHAEL C.

JULIE S.



RAYLENE G.

MILLIE R.

ELLIE C.

OXYGEN COLLEGE

LOUISA L.

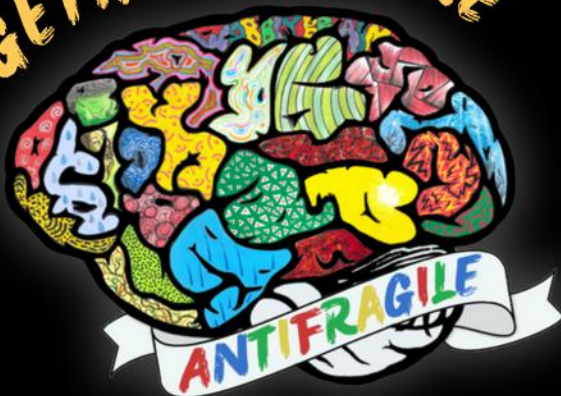


ELLA GEORGE
MP

LIAM M.

SARAH H.

TOGETHER WE ARE



REBECCA M.

JEN C.



COREY COOKSON

ESTHER K-O.

THE PULSE
94.7 FM
YOUR VOICE

DON S.

CATH P.

RICK & TOM

JENNIFER F.

AMANDA M.

CHRIS G.



GRAHAM T.



JARRED C.

CARLA K



HAMILTON
GROUP

DR. SARAH MANSFELD MP

THANK YOU TO ALL OUR SPONSERS, DONORS & SUPPORTERS
WHO MADE TONIGHT POSSIBLE

THANK YOU TO ALL OF OUR CONTRIBUTING ARTISTS

Amanda Blay
Amanda Mentiplay
Anna Jalanski
Beck Rowse
Blazen'n Bonkers
Carla Kure
Clair Brant
Clare Johnson
Chloe Rintoule
Doug White
Ehren Schloss

Janet Redwood
Katherine Springett
Kerry
Korrine Sleeman
Laura Whiting
Levi Foster
Meghan Stewart-Snoad
Orion Roylance
Peachii
Penny Dorgan
Saturn

Simone Murphy

TOGETHER WE TELL OUR COLLECTIVE STORY

EVENT INFORMATION

Our Music – Inclusivity

Music is a powerful way to share stories, emotions, and perspectives. 'Together We Are Antifragile' features local artists with lived experience of mental illness who use music as their medium to express themselves and connect with others.

By layering all forms of artistry, we celebrate all forms of creativity. This ensures that diverse voices and experiences are valued. The music deepens the collective story while creating an atmosphere of inclusion, inviting visitors to engage with the exhibition on a sensory and emotional level, and to experience the lived realities of our community in a way that transcends words.

In 2026, Antifragile is exploring the potential for music-based workshops. If you are interested in helping this become reality, please let us know through the QR code at the welcoming table.

Opening Night:

Corey Cookson, coreycooksonmusic@gmail.com, @coreycooksonmusic

Exhibition:

Crystal Singing Bowls played by Karen Hughes

Our Venue – Meaningful Contributions to Community

This year's exhibition takes place in a forgotten building at the historic Fyansford Paper Mill -- a space once lost, now transformed into a place of life, creativity, and connection. By choosing spaces that have been overlooked, we highlight the beauty, worth, and potential that exist beyond the surface -- in buildings, and in people.

Just as we breathe new energy into disused places, we push back against the stigma that too often leaves people with mental illness feeling unseen or discarded. Revitalising overlooked community spaces is both a practical and symbolic act, transforming what is considered broken or forgotten into something celebrated and full of life. In doing so, we challenge the status quo and show that resilience, creativity, and community thrive in unexpected places.

This act contributes to a concerted effort in the Geelong Community to activate unused spaces across Geelong -- bringing art, inclusion, and new life.

Food – Diversity

Food is one of the oldest ways communities connect, celebrate, and share stories. For this exhibition, our menu is created by a local Indigenous caterer, highlighting Indigenous flavours and local ingredients.

Historical and cultural foods have long been used to bring people together, and here they serve the same purpose - fostering conversation, connection, and celebration.

Sharing these meals allows visitors to engage with culture, heritage, and each other in an inclusive and meaningful way, reinforcing the exhibition's focus on celebrating our members and creating space for dialogue between community and lived experience.

*Details: Julie @ WaiiBean Soul Food Catering
waiibeansoulfoods@gmail.com*

Our Workshops – Community Building

Many of the artworks seen during this Exhibition have been produced by our workshop members.

Our workshops are built on the foundation of peer-driven peer-support -- spaces where lived experience leads, and everyone is free to show up exactly as they are. A safe, accessible environment for members to learn new skills, explore creative expression, and build confidence. Using art to channel their experiences and emotions onto the page, transforming challenge into creativity. Within these rooms, conversations flow naturally -- about art, about life, and about shared experiences enabled by a mutual responsibility to see past the symptoms and trauma. Meeting each other where they are at with empathy before judgment.

Materials, guidance, and encouragement are all provided so that anyone, regardless of financial means or artistic background, can participate fully. These workshops embody what it means to be Antifragile: learning, creating, and working together while building community.

If you would like to take part in the Mind Workshops in 2026, please let Us know through the QR code at the welcoming table.

Janet Redwood

Title: After Life After

Medium: Soft pastels on paper

“Living after living through a lifetime of mental health issues can be beautiful. At the end of the struggle, life with the right support can be smoother, more connected and ultimately, there is the space to be your unique self.”





Chloe Rintoule

Title: Star Spoon

Medium: Pastel on paper

“As a child, I lived with my great grandmother, who had a full set of old-fashioned cutlery – except for one spoon, the star spoon. I don’t remember exactly when it became “mine,” but it was a comfort item. I was possessive of it, as only a neurodivergent child can be, and it brought me joy.

When I was a teen, when my gran moved into a retirement village, the spoon was lost. For sixteen years, I hunted for it in second-hand stores, searching for a spoon that matched, hoping to reclaim that small piece of childhood comfort. Most spoons were close, but never quite right.

At twenty-six, while volunteering at a community centre, I discovered the spoon during a community meal. The joy I felt seeing it again was overwhelming: I was stimming, laughing, and telling everyone the story.

When I reluctantly returned it to the dish pile, coworkers noticed and encouraged me to take it. Another volunteer hunted it down in the dishes, cleaned it and I spent the rest of the day holding it like a treasure, freely sharing my excitement with anyone who would listen.

My excitement and joy was infectious - i- i was seen, accepted and celebrated for my joy without judgement.

This simple spoon became a profound moment of the power of community, of being truly seen, heard and accepted for who you are. The small, human moments that reveal the strength and generosity of connection, reminding us that joy, care and understanding are often found in the quietest, most unexpected places.

Alternative meaning: Spoon theory 🍴 “

Kerry

Title: Permission to Shine

Medium: Pastel on Watercolour on paper

“This piece is about giving yourself permission to shine, it’s difficult to navigate the mental health system. It’s difficult enough to admit you need help, sometimes we get stuck at the edge and it’s a very dark place. Sometimes we need to just give ourselves permission to be, permission to live with faults, flaws and imperfections.”



Katherine Springett

Title: Hope is Colourful

Medium: Watercolour on Paper



“This piece represents the meaning of hope in my life and how recovery and rehabilitation have helped me to grow strong mentally. The rainbow coloured branch represents hope leading in a direction of strength and beauty.”



Carla Kure

Title: Power of the Hands

Medium: Marker on paper

"Lately I've been able to connect with a range of people through community. Every person has come from a different background, race and gender. It is all about how everyone is equal. I have found this through Antifragile, getting into 'pippin the musical' and music."

Simone Murphy

Title: The Power of Community is You!

Medium: Mixed media on paper



Korrine Sleeman

Title: Community

Medium: Mixed media collage on paper

“Community is built through **connection** - creating **safety** and offering **acceptance** and **validation**. When we are surrounded by compassion and **empathy**, we find **confidence** not only in ourselves but also in one another. In community, **kindness** flows freely, and small gestures of **support** nurture a sense of **belonging** and **understanding**, giving rise to **hope**. **Teamwork** and **solidarity** helps us face challenges together, reminding us that **empowerment** isn't about standing alone, but rising together.

Community is not just a place - it is a way of being with one another that invites **growth**, develops **strength**, and honours diverse experiences. It's about valuing each person as they are and having **pride** in our differences and our journeys. Through **sharing**, and the care of **friends**, we spark **opportunity** and create space to **thrive**.

This piece invites you to reflect on the things we often seek in life, and how most often we find them through community.”



Korine Sleeman

Title: Burden of Resilience

Medium: Mixed Media Collage

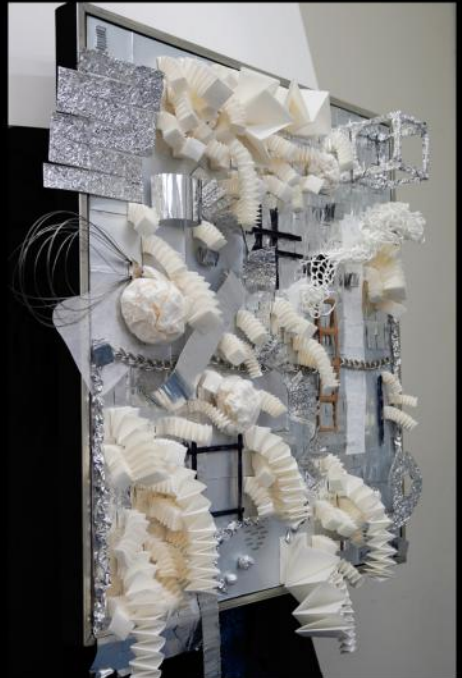
“This work explores the ways that systems shape mental well-being – sometimes holding, sometimes constraining and often overwhelming. Everyday materials like aluminium foil and baking paper are transformed to reflect both constructive and unconstructive interactions, and the resilience and adaptability needed to navigate competing demands. Boxes I don’t fit in evoke pressures of conformity and expectation — structures that confine and diminish.

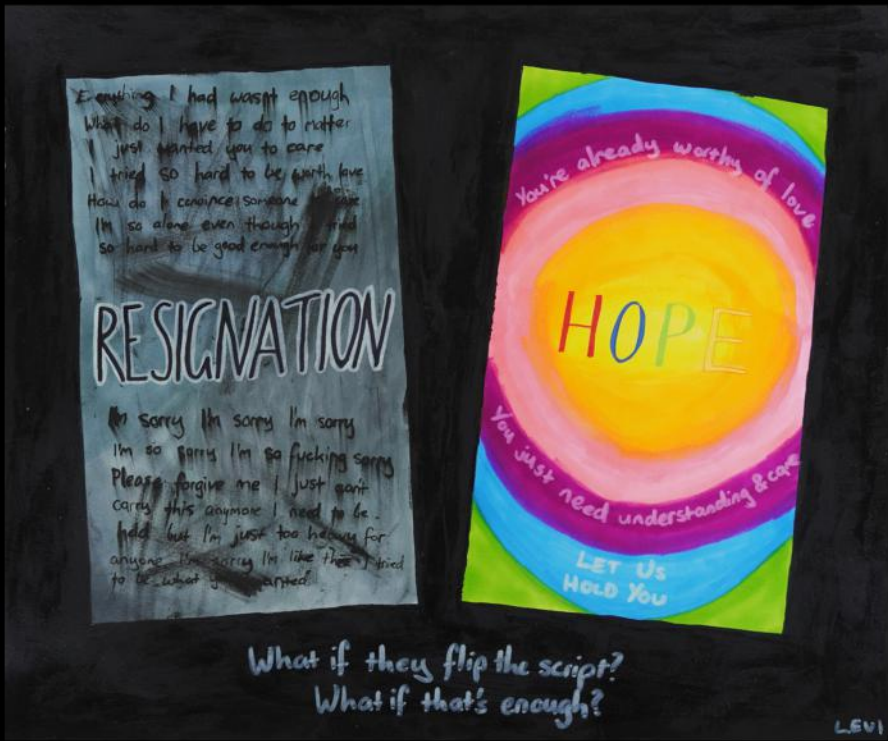
Other elements highlight the weight of obligations imposed in place of valuing authentic contribution and the struggle to hold form under pressure.

Within this tension lies growth; the ongoing effort to learn, to strive, to resist and to honour individuality in the face of judgement.

Yet alongside strength is the quieter presence of loss — potential constrained or overlooked when systems fail to see the whole person.

This piece invites reflection on what systems offer, what participation costs and what people create in spite of them.”





Levi Foster

Title: The Choice

Medium: Markers and acrylic paint on paper

On April 22nd 2025, I sat on my bed looking between a suicide letter and an Antifragile flyer. As I looked at the black and white tear-smudged page to the left, the word 'Resignation' appeared in my mind. As I looked at the flyer, the colours glowed in comparison, almost seeming to form the word 'Hope'. I was exhausted, destroyed and had almost no drive to keep going. But a tiny glimmer inside me wondered, "What if they can give me the sense of belonging that I desperately need, and what if that's enough to make it worth it to survive?"

The promise of community was enough to convince me to hold on a little longer. The fulfilment of that promise was enough to convince me to rebuild. To belong, to have space made for me, to have my vulnerability met with REAL gentle empathy - fundamentally changed my life. The pain is suffocating, but when others step in to hold some of the weight, I can breathe again. "



Doug White

Title: Utopia Riverland

Medium: Acrylic Paint on Canvas

“During the summer of 2002 I stayed in Echuca, it was a good experience. The doors were opening for me - I worked in Shepparton, for 5 weeks and had a girlfriend who I travelled to Hunter Valley with in July.”



Laura Whiting

Title: Belief Suitcase

Medium: Mixed media sculpture

"This suitcase is packed with representation of the thing I want to take with me as I move forward and recover from depression and addiction. On the outside is a tag that represents what I want to leave behind. I am still homeless and remain on the waiting list, alongside many others. You may turn the items over to read."

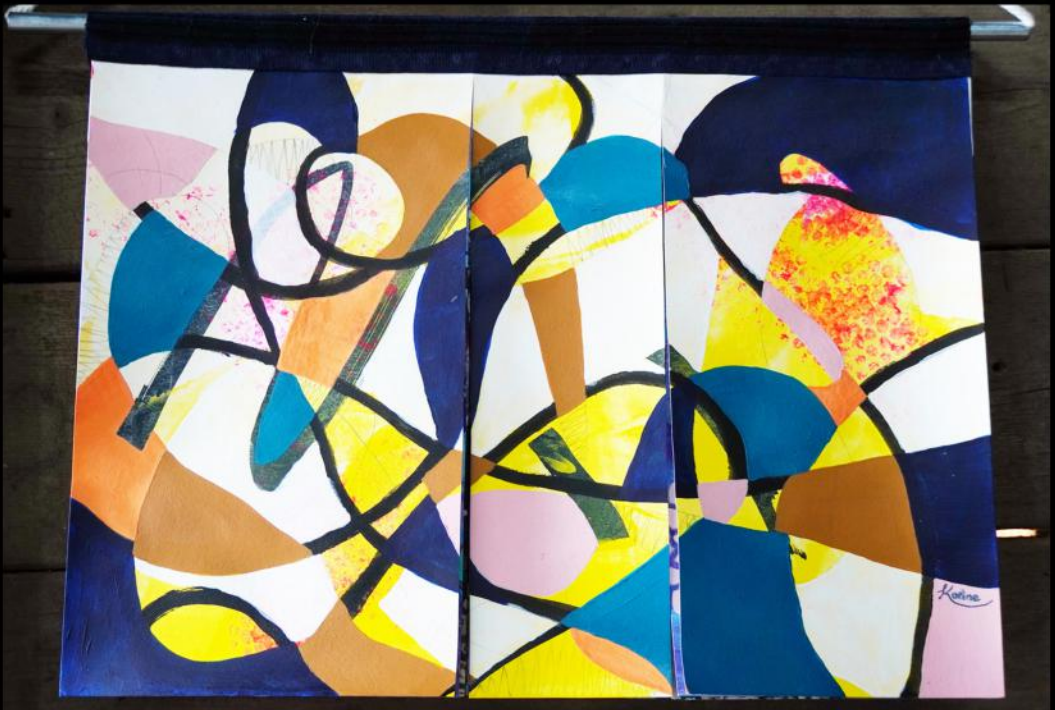
Korrine Sleeman

Title: Masking / Unmasking

Medium: Acrylic paint on paper

“Masking and unmasking is not necessarily under my control. Everyday feels a bit like I am pretending to be a human. Am I getting it right? A little patience and effort is needed to see me beyond a first impression. I don't deliberately make this difficult. It takes a lot of effort to be so many versions of me. Is an aspect of who I used to be still a genuine part of my identity now? Who is my authentic self?”

You may lift the pages.”



Anna Jalanski

Title: *Masking to Unmasking*

Medium: Sculpture, Acrylic paint with hair brush needles on Sensory Knot pillow.

"This knotted pillow weave is wriggling in tension, tight and ordered in one corner and becoming undone in the other. Cut, sown and covered in shame scribbles that slowly surrender to the golden shiny parts. The stress and pressure of conforming to society's neurotypical standards has been a mega life-long battle. Wanting to feel accepted, capable and not any less than.

At 28, my body and brain gave me no choice anymore. I had an extreme autistic burnout which led to a nervous breakdown that has permanently changed my life. I am used to my autism going unnoticed however my traits and challenges are now very visible.

It is a constant balancing act, Masking and Unmasking is like a daisy shrub, holding all of its dead stems and new shoots at once. There is chaos in re-learning who I am and navigating this world.

Finding community here at Antifragile has been a gift and an opportunity to experience what is possible. To be valued and accepted as my authentic self.





Anna Jalanski

Title: ~Eye~Lashed~

Medium: Fake Eyelashes on piece of wood

“This discarded wooden piece of furniture was found in an op-shop. I poked holes and lathered it in fake eyelash hairs. It's crusty, communicating and is in a state of growth. This hairy silhouette reminds me of my own discomfort that I experience daily as an autistic woman.”



Beck Rowse

Title: Life Beneath the Surface

Medium: Mixed Media on Canvas

"I am a Geelong-based artist living with PTSD, ME/CFS and undiagnosed ADHD, trying to navigate systems that often leave me unsupported. My work comes from my own experience of mental health - grief, struggle and the unseen battles that shape daily life and help me process and heal.

This piece is about how even one understanding person can plant hope, giving life a chance to quietly take root in the darkest moments. Using the metaphor of a hidden seed, I explore how my struggles can bury me in silence, yet also hold the beginnings of transformation. My art is a space for mourning. My art is a space for mourning, reflection and healing. And even a reminder that even in brokenness, new life can emerge."

Meghan Stewart-Snoad

Title: Into the Unknown

Medium: Acrylic on Canvas

“I started this piece in 2021, during the lockdowns, as I was feeling very uncertain about the future, like everyone else. It felt like having to enter a sea of unknown at night in a rowboat being guided only by moonlight.

Change in daily routine is a major struggle for autistic people like myself.

I came back to this artwork earlier this year after my dad was rushed off to hospital with a very rare virus that only affects roughly 1 in 100,000 Australians. He was there for 4 months, starting off with 1 month in an induced coma, in ICU.

I was back in that sea of unknown.”



Janet Redwood

Title: DID Spectrum
- Dissociation
Medium: Soft pastel
on paper



“The act of dissociation occurs across a spectrum from full self-awareness, through levels of layered consciousness and functioning, ending in DID obliviousness where there is no conscious recall.”



Amanda Blay

Title: BRAIN CHAOS
Medium: Mixed media
on canvas

“My internal struggle of the constant loud, noisy, chaotic thoughts that spiral out of control.”



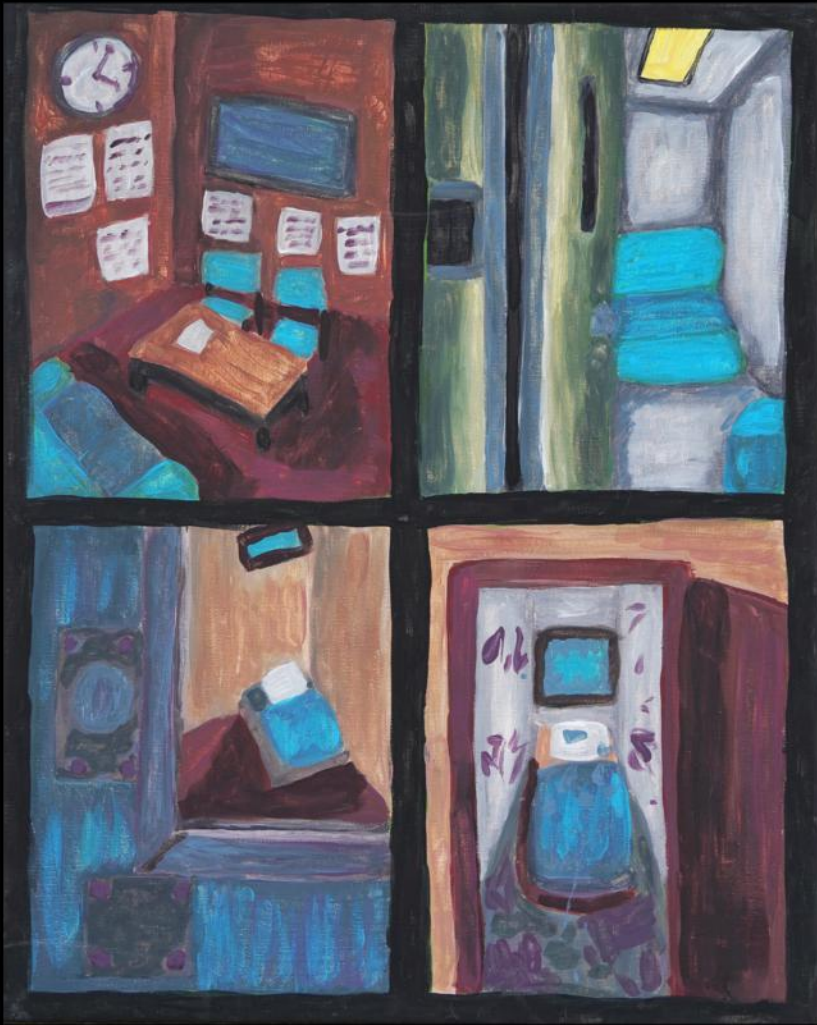
Peggy Dorgan

Title: Whirl Wind and Stormy Seas

Medium: Oil on Canvas

“Blue mood with many shades from dark mood to aqua to let the coolness of change flow through. The frame keeps you within the boundaries of a vivid emotional storm and a frenzy of deep stormy seas.

Systems impacts on Wellbeing: Confusion, manic churning of emotions in a deep blue sea, feeling of drowning and trying hard to catch your breath amongst the swell of emotions. Life guard all around in the care facility, giving hope to brighter days to come. The ways in which various health, educational or social systems have supported Barwon Health Swanston Centre provided a safe haven to recover.”



Saturn

Title: Patient

Medium: Acrylic Painting

"How the mental health and residential system dehumanise people, and makes you feel like nothing more than your room number and diagnosis."

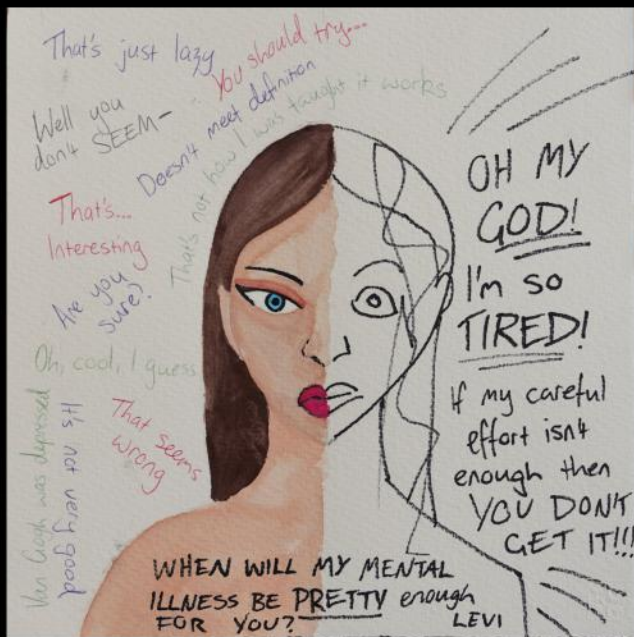
Doug White

Title: My Dream Got Smashed at the Turn of the 21st Century of the Kamikazee

Medium: Acrylic Paint on Canvas

"This is my story of working in Japan in the northern winter of 1999 - 2000. It was great and the I was sorted. I went through hell on earth, then I was caught in the ___ public mental health system. The following year - after 15 months I was off my C.T.O, free at last!"





Levi Foster

Title: No one cares you're sick til its aesthetically pleasing

Medium: Mixed media on paper

“Through stigma and systemic prejudice, mental illness becomes a performance. It’s not enough to be debilitated by symptoms, we are also forced to PROVE them to peers and practitioners. We are constantly “not sick enough” to be believed and receive support, until we are “too sick” to be taken seriously or trusted in things we know we can do. Its a push and pull of always being simultaneously too much and not enough. This is agonisingly true of the mental health system, but also governmental and social systems. This pressure on top of already being sick is exhausting and dehumanising.

There is an exit. If you can paint, sing or write something pleasing to others, they will pay attention. But to earn this you must be extraordinary; no one cares for your messy scribble next to a beautifully crafted masterpiece, even if they hold the same emotional weight. If you can’t entertain, you’re just as invisible when you started. Sound familiar? It’s the same dance as performing your illness to the expectations of others.”

“Nobody cares unless your rich, pretty or dead.”



Clare Johnson

Title: Cause and Effect

Medium: Mixed Media drawing installation

“Made while on hold to a crisis line. The systemic response to my calls for help.

The effects of constantly being not the right kind of broken to access any systemic supports.”

Amanda Blay

Title: 13 11 14

Medium: Mixed media on canvas

"13 11 14 - the suicide number exists for a reason.

The mental health system is overworked, underfunded and flawed. It adds to the weight of everything I already carry. But when it's 8am and my world is collapsing around me, this number may just be my last line of defense."





Peachii

Title: "Thanks for calling! We can't help you!"

Medium: Watercolour, pencil and markers on paper

"This work was created in the aftermath of my first major mental health crisis, when I felt abandoned by the very systems meant to support me. After weeks of waiting, I was told there were no resources available and I was sent away with little more than repeated messages of "We can't help you right now, but keep reaching out." Each attempt to reach out left me feeling more invisible, unheard, defeated and alone.

It took every ounce of strength I had just to survive, to hold myself together when help felt impossibly out of reach. This piece channels that anger, despair and exhaustion, but also the resilience it took to keep afloat when I felt left behind."



Chloe Rintoule

Title: Rising Through Ruin

Medium: Fine Liners and pastel on paper

“This work comes from living with the consequences of malpractice in the mental health system.

False diagnosis and treatment left me with brain damage and an essential tremor. Learning to create again meant letting go of straight lines and symmetry, and pushing against the grips of OCD and perfectionism. The scratchy, scribbled marks are not mistakes - they are the language I had to build to keep making art. Like a phoenix, I was reborn from the fire.

The objects in the fire mark different harms I've lived through. Moments of violence, loss, neglect, and systems that failed me.

Each item holds a story, but I leave them unsaid for the viewer to wonder what they mean. “

Orion Roylance

Title: Break the Cycle

Medium: Clip Studio Paint and Huion Tablet (PC) digital print.

"We need to be the ones to break the cycle of abuse. A child will go on to mimic its parents unless it puts the efforts in to heal. We do not represent those that came before us - while we may have been shaped by their actions towards us it does not define us unless we let it.

In the center, a snapping amalgamation of skulls spews flower stamen, creating the silhouette of a spider-lily, representing death and new beginnings. Wolves form the cycle, unable to stop each other from hurting the other until one manages to break away."



Laura Whiting

Title: Holding on to Hope

Medium: Clay

“The internal experience of depression. The angel is overcome with feelings of sadness and despair; her halo has fallen. She holds it in her hands not wanting to lose hope completely.”



Ehren Schloss

Title: Body without Organs

Medium: Mixed media

“This piece was created using mostly found objects and recycled materials. A timber burning method called Yakisugi inspired the charcoal texture.”





Anna Jalanski

Title: Stimmy Speech

Medium: Oil pastel and mixed media on paper

“I often stutter, slur and stim when I speak. Between tightening and pulling, I feel every facial muscle, at times miss a breath. Often people don’t think I am smart from the way I sound or look-like when I communicate. They try to avoid me or give me a smile. What do I give back to them? What do I give to you?”

This artwork is a conversation that I am having with you. I’m trying to show you how I feel inside when I speak, listen, think and reply. Beneath the shapes of my mouths, lies thick scribbles weighted in shame. Talking oily lips blend into the stimming stars which continuously spit out bursts of energy. I have no control over my movements or choice of accents, no matter how hard I try, I want to not be judged but understood.

There is beauty and strength in being so outwardly expressive, there is nowhere to hide, no matter what mood or feeling I experience, it is all laid out to bare.”

Peachii

Title: DO NOT BREAK!

Medium: Acrylic paint and watercolor on paper

“Creating this work was a struggle in itself. After a month-and-a-half hospitalization, I was left with poor memory, dissociation, low self-esteem and a disconnected sense of self. For weeks, I was hard on myself, frustrated at how difficult it was to access my creativity.

I pushed through, put paint to paper and I am proud of the result.

The figure in the jar represents how I often feel trapped within myself. My emotions can become so intense I feel on fire, and the fear of burning others can leave me isolated and alone. I internalize so much that it becomes painful.

This piece reflects the impossible expectation I put on myself to contain my struggles alone. I cannot unscrew the lid from inside the jar; I cannot do it all by myself. I am learning to ask for help, to share and to reach out. I cannot heal if I continue to be fearful of harming others.”





Amanda Mentiplay

Title: Human Kintsugi
Medium: Acrylic on Canvas



Saturn

Title: Fragments

Medium: Mixed media, Coloured pencil and acrylic paint on paper.

“Trauma making identity issues and a ‘fractured’ sense of self rather than having a singular self related to CPTSD.”

Blazen'n Bonkers

Title: AT-TACK

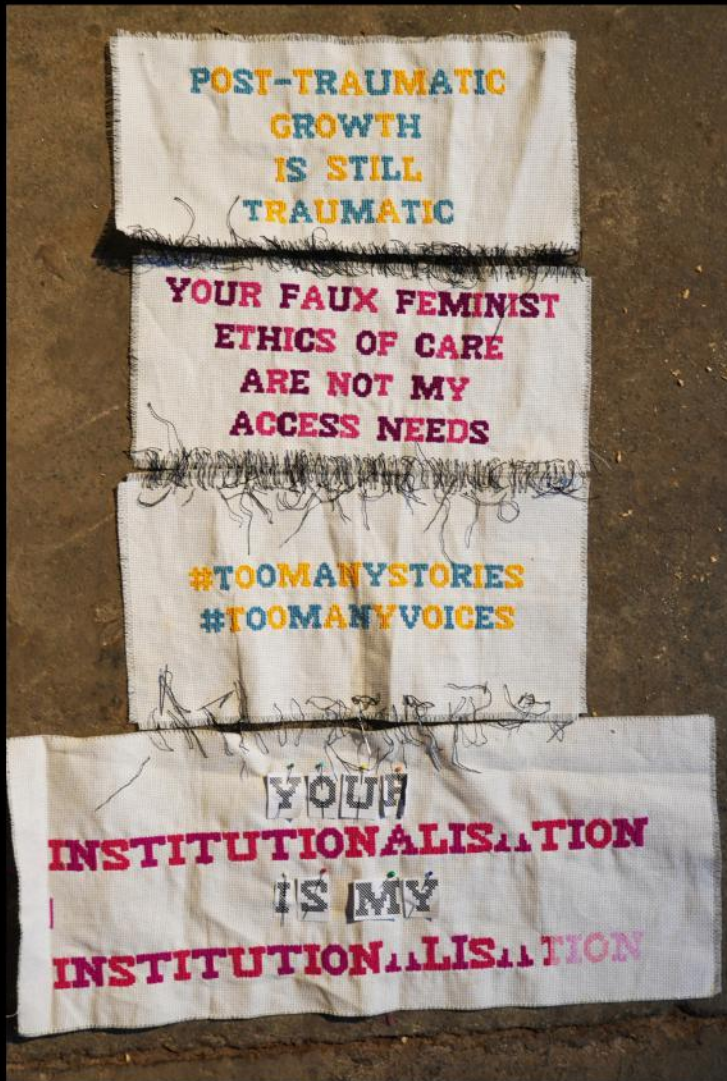
Medium: Embroidery on hospital blanket

"1. Israel's military occupation of Gaza and the West Bank, which began in 1967, has been described by Francesca Albanese, the UN Special Rapporteur on the Occupied Palestinian Territories, as an open air prison.

2. Hospitals, including the psychiatric system, are deeply intertwined with the prison industrial complex which is imposed upon unceded Aboriginal Land.

3. Recognition and reform only flimsily tack together a falling a part state."





Blazen'n Bonkers

Title: I CHOOSE MYSELF OVER ART AND YOU

Medium: Embroidery floss on Aida fabric

"Because screaming pain gets you kicked out and locked up while embroidering pain gets you into fancy art shows."



Levi Foster

Title: Vigilant

Medium: Acrylic paint on paper

“When C-PTSD and agoraphobia are heightened, I can hardly step outside. I feel eyes everywhere, threats from every direction. I feel an invisible target on my back after a lifetime of learning that people are unpredictable. To simply be SEEN feels VIOLATING. To have no certainty or control over how I’m perceived by others, nor their intentions towards me, feels dangerous. Fear builds in my body and morphs into burning agitation, until all I can think to do is beg: “PLEASE just don’t look at me.” The threat is realistically very low, but my nervous system still stays far too vigilant.”

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THE ANTIFRAGILE EXHIBITION

TOGETHER WE ARE ANTIFRAGILE

Immerse yourself into the intricate minds of individuals living with mental illness and neurodivergence, where symptoms collide with systems, and connection becomes a form of resistance.

This year's exhibition invites you into the shared spaces between struggle and solidarity – where symptoms are met with understanding, and stories find strength in community.

Open your heart to the moving stories shared by our members, and shed light on the profound truths of living with a "wobbly brain".

OCT
10TH

OPENING NIGHT

6.30 - 10.30pm,

Please see ticketing information

OCT 11TH
-
OCT 18TH

EXHIBITION

Everyday 10am - 4pm

20/100 Lower Paper Mills Rd, Fyansford



For more details and ticket information, Scan the QR code or follow our Facebook Page:

<https://www.facebook.com/TheAntifragileMovement/>



Families,
Fairness
and Housing



✉ antifragileart24@gmail.com @ [antifragile.movement](https://www.facebook.com/TheAntifragileMovement/) ☎ (03) 5275 8124

Our event prioritises the expression of stories and open honest conversations between community members, as such we do not sell works during the Exhibition.

If you wish to purchase any of these works, please contact our team via our email:

create@antifragile.org.au

Sales are decided by the artist and a 15% commission of each sale of artwork will support The Antifragile Movement and our endeavors to support and advocate for the Mental Health Community.

THANK YOU!

PROUDLY CREATED BY

Anna
Jalanski & *Chloe
Rintoul*

